

WATERMELON PIZZA

INGREDIENTS *(For 8)*

- 1½ cups mixed fruit (strawberries, blueberries, apples, kiwi, raspberries, bananas)
- ½ cup vanilla dairy, coconut, or soy yogurt
- 8 pre-cut watermelon wedges



INGREDIENTS *(Class Size: 24)*

- 4½ cups mixed fruit (strawberries, blueberries, apples, kiwi, raspberries, bananas)
- 1½ cups vanilla dairy, coconut, or soy yogurt
- Whole watermelon or 24 pre-cut wedges

DIRECTIONS

1. Dice the mixed fruit
2. Place pre-cut wedges on cookie sheets or large surface. If using whole watermelon cut 3, 1" slices of watermelon from the centre. Cut each round into 8 wedges.
3. Add one tablespoon of yogurt to each wedge.
4. Decorate with 3 tablespoons of fruit.
5. Enjoy immediately, or refrigerate until serving time

COOKING TIP

Involving kids in food preparation will build their food skills and shape their preferences for fresh fruits and vegetables. For this recipe, kids under 8 years old can be involved in washing fruits and decorating their own watermelon pizza slice, and kids 8 years and older may be able to help with cutting small fruits under supervision.

FACT

Watermelon contains a phytonutrient called lycopene which gives the fruit its bright red colour. Lycopene has also shown to reduce cholesterol, making watermelon a great addition to a heart healthy diet.